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MTA rolls out trains with fewer seats. 4

More to Sonoma than wine. 26

NEW YORK, NEW YORK

A massive Thursday night in NYC sports awaits as the Yankees take on the Indians in Game 1 of the ALDS while the Rangers open up their season against the Avalanche. 27-28

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JOE PANTORNO, SPORTS EDITOR

Welcome to one of the most magical times of the year if you're a sports fan, especially a New York sports fan. The Yankees' wild-card win over the Minnesota Twins on Tuesday booked their spot in the ALDS against the red-hot Cleveland Indians. The best-of-five series starts tonight at Progressive Field. Back home in New York, the Rangers help open up the NHL season when they host the Colorado Avalanche at Madison Square Garden as they begin their quest for an eighth-consecutive playoff appearance. **metro.us**

TILLERSON SAYS NEVER CONSIDERED RESIGNING

I Secretary of State Rex Tillerson said he had never considered resigning and was committed to President Donald Trump's agenda, but failed to address whether he had referred to the president as a "moron," as NBC reported. The State Department later denied he had even used the word, an issue Tillerson earlier declined to specifically address. "The Secretary ... does not use that language to speak about

anyone. He did not say that," State Department spokeswoman Heather Nauert said at a briefing. The top U.S. diplomat, whose tenure has been dogged with rumors about unhappiness with Trump's policies and rhetoric, said he was as committed to Trump's agenda today as he was when he accepted the offer to serve as secretary of state. The episode is the latest controversy to embroil Trump's administration.

JUDGE REFUSES TO OVERTURN PARDON OF ARPAIO

2 A federal judge on upheld President Donald Trump's pardon earlier this year of 85-year-old former Arizona Sheriff Joe Arpaio, rejecting legal challenges by outside groups. U.S. District Judge Susan Bolton said that she had considered the petitions filed by the American Civil Liberties Union of Arizona and other organizations, including one staffed by lawyers who worked for former Democratic President

Barack Obama's administration, but found no legal grounds to overturn the pardon. Bolton did not rule on a request by Arpaio's attorneys to take the further step of vacating his conviction. Trump, a Republican who has promised to build a wall along the U.S. border with Mexico, has praised Arpaio's crackdown on illegal immigrants in Maricopa County, Arizona, that drew condemnation from civil rights groups.



TRUMP THANKS LAS VEGAS OFFICERS

3 Clark County Sheriff Joe Lombardo is embraced by President Donald Trump after the president delivered remarks in a roomful of police officers and family members at Las Vegas Metropolitan Police Department headquarters on Wednesday.

5
THINGS YOU
NEED TO KNOW

BILL TO REFORM NSA WEB SURVEILLANCE

4 A bipartisan group of U.S. lawmakers unveiled legislation on Wednesday that would overhaul aspects of the National Security Agency's warrantless internet surveillance program in an effort to install additional privacy protections. The bill, which will be formally introduced as soon as Thursday, is likely to revive debate in Washington over the balance between security and privacy,

amid concerns among some lawmakers in both parties that the U.S. government may be too eager to spy on its own citizens. The legislation, written by the House of Representatives Judiciary Committee, is seen by civil liberties groups as the best chance in Congress to reform the law, known as Section 702 of the Foreign Intelligence Surveillance Act, before its expiration on Dec. 31.

GOOGLE LAUNCHES NEW PHONES AND SPEAKERS

5 Alphabet Inc.'s Google unveiled the second generation of its Pixel smartphone along with new voice-enabled home speakers, redoubling its commitment to the hardware business as it competes with a surge of devices from Apple Inc. and Amazon.com Inc. The new devices, which include a Pixelbook laptop, wireless earbuds and a small GoPro-like camera,

showcase Google-developed operating systems and services, notably the voice assistant. That means usage of those devices should stoke the company's core ad sales business as buyers of the hardware use Google services like search and maps. The Pixel 2 smartphone comes in two sizes, with comparable features, including aluminum bodies and no traditional jacks for headphones.

POLL

49%

A new poll conducted by the Associated Press-NORC Center for Public Affairs Research shows 49 percent of Americans disapprove of President Donald Trump's response to Puerto Rico in the aftermath of Hurricane Maria.

Source: Associated Press-NORC Center for Public Affairs



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The MTA rolled out refurbished and reconfigured E trains that feature fewer seats for added capacity. **Flickr/MTA**

MTA rolls out new E trains with fewer seats

The refurbished and reconfigured cars have some seats removed for added capacity and are part of Chairman Joe Lhota's Subway Action Plan.



NIKKI M. MASCALI
@NikkiMMascali
nikki.mascali@metro.us

Don't be surprised if you see a different E train this week — one with fewer seats and more

passengers.

The MTA rolled out a 100-car pilot of reconfigured and refurbished R-160 cars on the E line that have end seats taken out for an added capacity between 80 to 100 straphangers. The seat removal will also decrease the time they get on and off the train.

Additionally, the car's master controllers, which brake and accelerate, have been replaced as issues with them was one of the primary causes of failures on the R-160s.

The rollout is part of MTA Chairman Joe Lhota's Subway Action Plan, which he unveiled in July and vowed that the program would show New Yorkers subway improvements within one year.

"We do not have time to waste when it comes to improving the customer experience and service for our riders," he said in a statement. "This pilot goes directly to the heart of that goal by attacking a significant cause of failures on these cars and making a fast, targeted improvement. We also

know that getting more passengers onto trains, in a more efficient manner, is absolutely essential — which is why we're piloting the removal of a select number of seats."

The new-ish E trains also feature new bars and handrails, LCD display screens, LED lighting and interior and exterior wraps so riders know they're getting on a pilot train. There are also exterior indications that let them know there will be fewer seats inside.

The MTA also plans to try out seat removals on the S shuttle in Times Square and the L train. Train lines, such as the C, that have longer platforms that can accommodate them, will see additional cars for more capacity.

Other facets of the Subway Action Plan include repairing 1,300 problematic signals, cleaning 40,000 street grates to divert water and eliminate clogged drains, expanding from 950 to 1,000 subway cars, increasing station cleaning by 30 percent and more.

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LAS VEGAS SHOOTING

Las Vegas gunman's girlfriend denies any advance knowledge of massacre

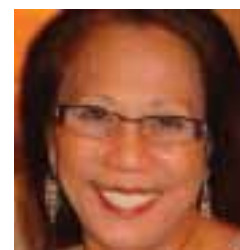
The girlfriend of the Las Vegas gunman who killed 58 people and himself in the deadliest mass shooting in U.S. history was questioned by the FBI on Wednesday and said she had no idea beforehand that he was "planning violence against anyone."

Marilou Danley, who returned to the United States late Tuesday from a family visit in the Philippines and is regarded by investigators as a "person of interest," said the carnage unleashed by Stephen Paddock while she was abroad caught her completely unaware.

"He never said anything to me or took any action that I was aware of that I understood in any way to be a warning that something horrible like this was going to happen," Danley, 62, said in a written statement read to reporters by her attorney in Los Angeles.

"It never occurred to me in any way whatsoever that he was planning violence against anyone," she added.

Her lawyer, Matt Lombard, said he and his client were "fully



Marilou Danley said she was not involved with the shooting. **FACEBOOK**

cooperating" with the Federal Bureau of Investigation and Las Vegas police.

More than 500 people were injured, some trampled in the pandemonium, when Paddock, 64, strafed an outdoor concert with gunfire on Sunday night from his 32nd-floor suite of the Mandalay Bay hotel on the Las Vegas Strip.

He took his own life before police stormed his room, where they found as many as 23 guns, bringing the total death toll to 59.

Twelve of his rifles were fitted with so-called bump stocks, officials said, allowing the guns to be fired almost as though they were automatic weapons. **REUTERS**

Why NYC mayoral candidate Mike Tolkin will be homeless all week

The 32-year-old is using the seven-day exercise as a “platform to cultivate empathy and compassion” for the city’s homeless community.



NIKKI M. MASCALI
@NikkiMMascali
nikki.mascali@metro.us

“I’m tired,” mayoral candidate Mike Tolkin said.

The Democrat, who is running on the Smart Cities ballot, is one day into living seven days as a homeless New Yorker to raise awareness for the issue and highlight his plans to combat it.

“Yesterday, I could walk into a coffee shop and no one was going to look at me differently,” he said. “Today, I look disheveled, like I’ve been sleeping on the street. The looks on people’s faces are different. The most important part for me is that people understand how emotionally devastating it is.”

While he will spend most of his time in City Hall Park, Tolkin ended up sleeping on the floor of the nearby Chambers Street A/C subway station for warmth.

He does not have money, food or extra clothing beyond what’s on his back. He did bring a toothbrush and toothpaste, medication and pain patches he’s been using since throwing his back out last week. He does have his cell phone

and computer to share the experience with the public and do some campaign work.

“When you’re on the street, you’ve exhausted all possible options,” he said. “This is an exercise, but as much as possible I want to use it as a platform to cultivate empathy and compassion.”

The 32-year-old candidate did a similar exercise earlier this year to “understand the psychology of folks going through this to inform a comprehensive set of solutions, which is what it did.”

Tolkin is referring to his three-prong platform to address homelessness if elected. The first, NYC Life, would “abolish the shelter system that exists today,” he said. He will develop new rehabilitation centers with interim housing, health and mental care, childcare and job and vocational training.

NYC Homes would offer “rent subsidies for people at risk of displacement and develop entirely new affordable housing campuses that are community-based and integrated into their neighborhoods, but owned and operated by the city a non-profit on behalf of the city,” he said.

The third is the underlying cause, he said, “which is rooted in the fundamental inequality in our city. We need to reframe our economy so it benefits all people. We’re promoting a series of economic stimulus initiatives that include universal basic income, radical investments in new social

programs and restructuring our economy new industries.”

Tolkin is not listed as a participant in the first general election debate on Tuesday, which will feature incumbent

Democrat Bill de Blasio, Republican Nicole Malliotakis and independent Bo Dietl, but said he did qualify — as he did for the primary debates.

“I got, by the government, illegally kept out of

the Democratic debates,” he said. “I’ve raised and spent half a million dollars, and I will be in [this] debate.”

While he’s says being called a “longshot candidate” by the media is

“priming people to tune out,” he believes he can win on Nov. 7.

“After we participate in the debate, we can reset the narrative currently in the media and be a viable candidate,” he said.



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Mayoral candidate Mike Tolkin is living seven days as a homeless New Yorker.
TWITTER/@JOHNSCANDALIOS

Columbia professor wins Nobel Prize in chemistry for imaging molecules of life

Joachim Frank helped kick off a biochemistry revolution by creating a way to take 3-D images of molecules.



KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

A Columbia University professor is one winner of the Nobel Prize in chemistry for his work on innovative and better

ways to capture images of biomolecules.

Joachim Frank, Ph.D., a professor of biochemistry and molecular biophysics and of biological sciences at Columbia, shares the award with Richard Henderson, of

Cambridge University in Britain, and Jacques Dubochet, a professor at the University of Lausanne in Switzerland.

"This is an extraordinary day for me," Frank said at a Columbia news conference on Wednesday.

"It's a very touching, humbling experience, because I know that so many new things are discovered all the time that it's sort of, the odds are very long to get me to this place."

Frank, 77, was born in Germany and joined Columbia University in 2008. Though much of this work was done before then, he said joining Columbia was instrumental to meeting colleagues across departments and working with brilliant students who contributed pieces to this "immense puzzle."

The three were honored for developing "cryo-electron microscopy for the high-resolution structure determination of biomolecules in solution," by the Nobel Foundation.

What does that mean, exactly? Well, to reach scientific breakthroughs, we must understand our world, including objects at the atomic level that are invisible to the human eye.

It's been difficult to capture life's "molecular machinery," however, meaning we don't really know what the 3-D structure of biomolecules looks like, which hampers our ability to understand them.

"Cryo-electron microscopy changes all of this," the Nobel Foundation wrote. "Researchers can now freeze biomolecules mid-movement and visualize processes they have never previously seen, which is decisive for both the basic understanding of life's chemistry and for the

development of pharmaceuticals."

The scientists built on each other's achievements to reach that goal, and it began with Frank who, between 1975 and 1986, developed an image processing method that analyzed and merged an electron microscope's two-dimensional images into a clear three-dimensional structure.

In the 1980s, Dubochet was able to cool water so quickly that it solidified without forming ice crystals, instead forming around a biological sample so the biomolecules retained their shape, getting a "freeze frame" of the action.

In 1990, Henderson used an electron microscope to create a 3-D image of a protein at atomic resolution, a breakthrough because previously electron microscopes were thought to only be able to capture images of dead matter, since the electron beam was so strong it would have destroyed biological material.

With these three discoveries, "the electron microscope's every nut and bolt have been optimized," according to the Nobel Foundation, but it's also the application of this technology that is important. By being able to see the 3-D structure of, say, a ribosome — a minute structure within a cell that contained RNA — scientists can learn how ribosomes work in something like the Zika virus. That understanding leads to treatment developments.



Columbia University professor Joachim Frank was awarded a Nobel Prize in chemistry for imaging the molecules of life. GETTY IMAGES

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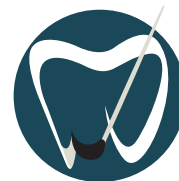
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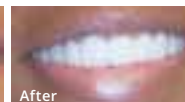
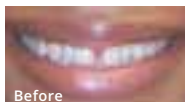
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Passed abortion ban cited 'fetal pain,' but what does science say about it?

Congress passes late-term abortion ban saying that fetuses can feel pain.

MEAGAN MORRIS
@MetroNewYork
letters@metro.us

On Tuesday, the U.S. House of Representatives passed the Pain-Capable Unborn Child Protection Act, a bill that bans abortions past 20 weeks gestation. The only exceptions are if a mother's life

is threatened, or in cases of rape and incest — but only after the woman has received counseling and treatment at least 48 hours before the abortion. "Very late-term abortions are an extreme and

barbaric practice," Arizona Rep. Trent Franks, the bill's sponsor, said in a statement. "The U.S. is only one of seven countries on Earth, including North Korea and China, which allow elective abor-

tions after 20 weeks."

Can fetuses feel pain?

Why the 20-week benchmark? Lawmakers have different explanations for why babies can feel pain at that week. "As a doctor, I know and I can attest that this bill is backed by scientific research showing that babies can indeed feel pain at 20 weeks, if not before," Louisiana Rep. Ralph Abraham said in a May 2015 abortion debate.

Representatives for Louisiana lawmaker Rep. Charles Boustany sent FactCheck.org several documents on his views, including a 2007 paper by Swedish neuroscientist Bjorn Merker that "demonstrated evidence that children born missing virtually all of the cerebral cortex nonetheless experience pain." However, Merker later told The New York Times that his research "did not deal with pain specifically."

Bill proponents also regularly cite the work of Kanwaljeet Anand, a professor of pediatrics, anesthesiology and neurobiology at the University of Tennessee Health Science Center. His research suggests that preterm newborns have a lower pain tolerance than full-term babies and older children, but in 2013 he told The New York Times that the "issue of fetal pain does not have much relevance for abortion."

"... I really don't have any data to suggest that that could be true, or the other way," he testified to Congress in 2005 when

asked if the pain possibilities translate to unborn fetuses.

When do fetuses feel pain?

The general consensus is that fetuses can start feeling pain during the third trimester, which starts between 27 and 28 weeks of gestation.

A 2005 synthesis of available evidence published in the Journal of the American Medical Association concluded that "evidence regarding the capacity for fetal pain is limited but indicates that fetal perception of pain is unlikely before the third trimester."

The JAMA review found that pain perception is unlikely until the connections form between the brain's thalamus and the cortex somewhere between 23 and 30 weeks. Other studies cited in the review found that the capacity for "functional pain" in unborn fetuses "probably does not exist before 29 or 30 weeks."

Other reports from the Royal College of Obstetricians and Gynecologists in the United Kingdom and American Congress of Obstetricians and Gynecologists agree with the JAMA review.

"Supporters of fetal pain legislation only present studies which support the claim of fetal pain prior to the third trimester," the ACOG wrote in 2012. "When weighed together with other available information, including the JAMA and RCOG studies, [the] supporters' conclusion does not stand."

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Only about one percent of abortions take place after 21 weeks, according to Planned Parenthood. GETTY IMAGES

IRS awards fraud-prevention contract to Equifax, the source of a massive security breach

This is not The Onion. This is reality.



MICHAEL MARTIN
@MetroNewYork
letters@metro.us

The Internal Revenue Service has signed a fraud-prevention contract with Equifax, the firm that could not prevent one of the biggest security breaches in history, in which hackers compromised their databases and exposed 145.5 million Americans to identity theft.

The credit agency was awarded the \$7.25 million contract to “verify taxpayer identity” and “assist in ongoing identity verification and validations,” according to text of the agreement posted in the Federal Business Opportunities database on Sept. 30.

The contract was labeled a “sole source order,” meaning that the IRS considered Equifax the only company capable of providing the work. The decision drew quick and sharp bipartisan protest.

“In the wake of one of the most massive data breaches in a decade, it’s irresponsible for the IRS to turn over millions in taxpayer dollars to a company that has yet to offer a succinct answer on how at least 145 million Americans had personally identifiable information exposed,” Senate Finance Chairman Orrin Hatch (R-UT) told Politico.

The committee’s ranking member, Sen. Ron Wyden (D-OR) added, “The Finance Committee will be looking into why Equifax was the only company to apply

for and be rewarded with this. I will continue to take every measure possible to prevent taxpayer data from being compromised as this arrangement moves forward.”

In a statement, the IRS replied that Equifax told them that no IRS info was compromised in the breach, and that

145.5M

WHEN EQUIFAX WAS
HACKED, 145.5
MILLION AMERICANS
WERE EXPOSED TO
IDENTITY THEFT

the company had provided similar services to the IRS in the past. “Following an internal review and an on-site visit with Equifax, the IRS believes the service Equifax provided does not pose a risk to IRS data or systems,” the statement reads. “At this time, we have seen no indications of tax fraud related to the Equifax breach, but we will continue to closely monitor the situation.”

In September, the credit-reporting agency revealed that hackers accessed the data of more than 145 million Americans, including social security numbers. Equifax was then heavily criticized for its attempts to right the situation, which included an offer of free credit-monitoring coverage seemingly limiting consumers’ right to sue.

In response to last month’s IRS contract signing, Reps. Suzan DelBene (D-WA) and Earl

Blumenauer (D-OR) have sent letters to IRS Commissioner John Koskinen demanding that he justify his decision.

Blumenauer wrote,

“I was initially under the impression that my staff was sharing a copy of The Onion, until I realized this story was, in fact, true.”



Richard Smith, former CEO of Equifax, prepares to testify on Capitol Hill. GETTY IMAGES

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“I was initially under the impression that my staff was sharing a copy of the Onion, until I realized this story was, in fact, true.”

Earl Blumenauer

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NY City - If you are reading this, I know a few things about you.

First, you suffer with knee arthritis pain.

And that pain is having a dramatic affect on your life.

The pain not only stops you from doing simply things like getting up and walking without discomfort...

It makes your entire life miserable.

Life's just not worth living this way

I also know you have tried many things.

Pain pills, steroid shots, exercise and probably some "wonder cures" you saw advertised on tv or the internet.

None of it worked

And every time you got your hopes up just a little, you were just massively disappointed. Again.

Because of this, you are skeptical. Very skeptical. And you deserve to be.

Because nothing is more depressing than living in constant pain and...

Not getting any REAL answers

You might even be faced with getting knee replacement surgery.

This is a scary thought. Am I right?

No one wants knee replacement surgery. And, even though it has advanced considerably in recent years, it is still a MAJOR procedure with a lot of painful rehabilitation... and risk.

And, although some people need knee replacement surgery... many who think

they do... do not.

I think we can agree... it should always be the last resort. And it should not be done if there is a better option.

Now that we know each other a little better, let me ask you this...

After all you have been through, are you still open-minded enough to try a new and revolutionary knee arthritis treatment...

If it could help you... and...

And probably best of all...

what if this treatment that used to be WAY out of your price range is now affordable by just about anyone.

Sounds too good to be true?

It sure does.

But it's true, and in just a moment I'm going to prove it to you.

And with that proof, you will discover new hope for your knee arthritis pain that might change your life... in as little as 30 days.

I don't know about you... but that's a lot of dough for average folks!

Now for something you do not know...

Thankfully, medical technology changes fast. And with these advances, doctors should and can charge much less for certain procedures...

IF THEY REALLY WANT TO HELP PEOPLE.

That's why a medical clinic located in New York, NYC Pain MD, has been absolutely



Revolutionary Arthritis Treatment? Your own fat cells are prepared in proprietary method creating tiny units of just a few fat cells surrounding *Mesenchymal* Stem Cells which have the ability to wall off inflammation and morph or change into new cells that are believed not only to heal but possibly promote new tissue growth when these *Lipogems* are carefully placed into your arthritic, painful joint. This is not like typical fat based stem cell procedures. There is no surgery or hospitalization and all the procedures are done under hi-tech imaging in our convenient in-office procedure suites.

If you could afford it?

I bet you are. That's why you are still reading. Right?

Well, what if there actually was a real medical treatment... that could help YOU.

Even better... what if there was a super advanced treatment the rich and famous (and professional athletes) have already been using... that actually has the potential to not only eliminate your knee arthritis pain... *but possible heal it.*

Here's what this is all about:

I'm sure you've heard about stem cell therapy and the reports of how wonderful it is.

Everyone has.

I'm sure you also know that rich celebrities and athletes have the money and connection to get treatments the "average Joe" can't.

It's not fair... but it's just the way it is.

For example, some medical clinics charge over \$10,000 per procedure... and insurance does not pay.

FLOODED with knee, hip and shoulder arthritis sufferers.

They are offering a very advanced Lipogems cell procedure for arthritis and joint pain *at a price almost anyone can afford.*

And once the word got out they often were getting over 100 calls a day!

Excited? You should be. Because this is a real medical procedure that can possibly end your pain and suffering and give you your life back... at a reasonable fee you

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Medical News Alert: Not Just For The Rich And Famous Anymore Finally Available In NYC...At Prices Almost Anyone Can Afford

can afford.

I told you this was going to get good. Really good.

What Exactly Is This Special Procedure?

Glad you asked.

The procedure is called "Lipogems" and here's how it can possibly help you.

An Italian surgeon, Dr. Carlo Tremolada discovered a revolutionary way to naturally prepare stem cells and treat knee and many

The best part is the results. After the stem cells are placed into the arthritic joint... they begin to do their "magic" within 5 to 10 days.

These stem cells (MSCs) stop inflammation and begin to heal the arthritis pain.

Let's be clear about this:

There is no drug or surgery that even comes close to doing what Lipogems cells (MSCs) can do when done precisely.

It even gets better... for you...

You know, you're obviously really serious about finding an answer to your arthritis joint pain, possibly eliminating the pain and finally living and enjoying the life you really want... and I just want to take a moment to acknowledge you for that.

Most people never put aside their well deserved skepticism and take the time to educate themselves the way you have.

You are reading this admittedly lengthy

are invited in for a risk free no-obligation screening.

During this screening you will get a chance to ask questions and find out if you are a candidate for this advanced medical treatment - and what your best options are.

The screening is completely free and without obligation.

After your screening, you will breath a big sigh or relief knowing what your options are and the best way to deal with your pain.

If you are not sure - I know exactly how you feel. Arthritis pain is brutal. And it is hard to get straight answers.

So many patients felt the same way.

They told us they they had given up until they read some information just like this and they came in to see us.

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Call our scheduling dept. today at 800-589-8160.

The worst thing that can happen is you find out you do not qualify and this treatment is not for you.

But what if we really can help you?

What if we really can get rid of some of all your pain?

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If it is worth a small amount of your time - call us at: 800-589-8160.

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--	--



Stem Cell "Magic" Not Just For Rich and Famous Anymore? When injury and diseases such as arthritis occur, MSCs (a type of stem cell) come off blood vessels and (1) protect the site of injury and (2) produce the exact amount of healing chemistry or "natural drugs" necessary to safely heal the injury. Hopefully, you can look forward to avoiding surgery and getting off the toxic medications.

other arthritis ailments.

Taking a small amount of your own belly fat... his specialized technique separates the stem cells... and then precisely places the them right back into the arthritic and painful joint.

This is a very unique procedure that some experts feel is superior to others (like bone marrow) because of the number and quality of stem cells (MSCs)... not to mention doctors do not have to punch a hole in your bone. OUCH!

The doctors at *NY Pain MD* where *personally* trained in this Lipogems procedure by it's founder and leading expert, Dr. Carlo Tremolada.

They are getting incredible results with this cutting-edge medical procedure... and now... if you qualify... you can see if this treatment of the future can help your joint arthritis pain... right now.

And, obviously, for MUCH less than the \$10,000 others charge.

message and you really have the commitment and determination to do this now.

That's another reason why you're perfect for this

It's specifically for people like you are open minded and took the time to get educated and who want to finally relieve their arthritis pain... because this treatment can possibly do that for you.

So, Here's What To Do Right Now

If you would like to find out if *Lipogems* can help you - you

NYC PAIN MD

Your morning cup of coffee might soon come with a warning label

Nothing can come between you and your morning cup (or three!) of coffee, but a nonprofit organization is trying.

The Council for Education and Research on Toxics (CERT) first filed a lawsuit against Starbucks and other California coffee companies and retailers in 2010 under Prop 65, a "right to know" law that requires the state to publicly maintain a list of toxic chemicals and their effects.

Coffee makers didn't comply with a ruling to show that the acrylamide levels in coffee didn't result in extra cancer cases, so they're back in court with a goal of forcing retailers to display warning signs where coffee is sold.

Acrylamide: What is it? Haven't heard of acrylamide? Most people haven't, but it's a substance that forms naturally when sugars react with the amino acid asparagine when cooked



Acrylamide is a substance that forms naturally when sugars react with the amino acid asparagine when cooked above 248 degrees. GETTY IMAGES

above 248 degrees and gives baked, fried, toasted and fried foods their color and taste, including coffee. Studies into the substance found that it caused cancer in lab animals, but only when consumed in doses much higher than typically found in food.

Acrylamide in coffee "Based on the animal studies, you would have to drink probably over 100 cups of coffee a day in order to get to that dangerous dose," Stanley Omaye, a professor of

nutrition and toxicology at the University of Nevada, told Chemistry World.

It might be a stretch to connect the two, but CERT might have the upper hand in California: In 2008, potato chip makers, including Frito-Lay, were ordered to pay \$3 million and reduce levels of acrylamide in their foods. And two coffee retailers – Yum Yum Donuts and BP convenience stores – have already agreed to pay over \$1 million in damages and post warning signs where they sell coffee.

"The intent is not to scare people," said Allan Hirsch, chief deputy of California's Office of Environmental Health Hazard Assessment (OEHHA). "The intention is to help people make more informed decisions. If you continue to buy a product that will expose you to a chemical, that's OK as long as you're informed."

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Rockefeller Center ice skating starts on Sunday — yes, already

But there's a really good reason to hit the rink right when it opens.



LINNEA ZIELINSKI
@MetroNewYork
letters@metro.us

Ice skating in Rockefeller Center always looks like holiday season perfection in the movies. In reality, there probably won't be gentle snowflakes and you'll wait in line long enough for your feet to start hurting before you even cram them into the skates. But that's why, if you look at it the right way, we might have some really good news for you.

Ice skating in Rockefeller Center starts Sunday. Yes, you read that right: long before the weather dips even into the 50s or you start to crave a mug



Ice skating season begins Sunday at the rink in Rockefeller Center. GETTY IMAGES

of hot chocolate. We're talking about even before Starbucks launches any of their peppermint drinks for the winter season. But that's why you should go now. Hear us out.

The Rink starts its 81st season on Sunday, Oct. 8, with a soft opening for the public, according to their website, with a formal

Grand Opening Ceremony on Wednesday, Oct. 11. But you should add it to your calendar now because it will be free of the holiday tourism rush for the month of October.

Once you get a taste of ice skating in Rockefeller Center without the hour-long line, you won't look back. Trust us on this one.

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²To earn 1.25% APY on the 7-Month CD, enrollment in NYCB Elite Gold or Platinum is required. NYCB Elite Gold Checking account minimum to open is \$5,000. NYCB Elite Relationship Terms and Conditions apply. Not available for non-profit or business accounts. Maintain \$100,000 or more in combined balances in the NYCB Elite Gold relationship to waive monthly fee. Those not enrolled in NYCB Elite will earn 1.15% APY on the 7-Month CD.

Rates are available for accounts opened in branches located in New York and New Jersey only. Offer may be withdrawn at the discretion of the bank at any time. The bank is not responsible for typographical errors.

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Affordable Housing for Rent

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This building was constructed through the Inclusionary Housing Program and is anticipated to receive a Tax Exemption through the 421-a Tax Incentive Program of the City Department of Preservation and Development and State Low Income Housing Tax Credit (SLIHTC) Program of New York State Homes and Community Renewal.

Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

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- Vision or hearing disabled applicants (2%)

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- Municipal employees (5%)

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Studio		\$613	32	→ 1 person	\$22,903 - \$26,720		\$1,948	31	→ 1 person	\$68,675 - \$80,160
1 bedroom		\$659	64	→ 1 person	\$24,549 - \$26,720		\$2,091	23	→ 1 person	\$73,646 - \$80,160
				→ 2 people	\$24,549 - \$30,560				→ 2 people	\$73,646 - \$91,680
2 bedroom		\$801	11	→ 2 people	\$29,452 - \$30,560		\$2,520	5	→ 2 people	\$88,389 - \$91,680
				→ 3 people	\$29,452 - \$34,360				→ 3 people	\$88,389 - \$103,080
				→ 4 people	\$29,452 - \$38,160				→ 4 people	\$88,389 - \$114,480

¹ Rent includes gas for cooking and heating.

² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: W. 42nd Street Apartments Phase 2 1357 Broadway Box 460, New York, NY 10018**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **December 1, 2017**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **W. 42nd Street Apartments Phase 1357 Broadway Box 460, New York, NY 10018**.

En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **1 de diciembre 2017**.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**W. 42nd Street Apartments Phase Two 1357 Broadway Box 460, New York, NY 10018**。信封背面请用英语注明“CHINESE”。必须在以下日期之前在线提交申请或邮寄书面申请2017年12月1日。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **W. 42nd Street Apartments 1357 Broadway Box 460, New York, NY 10018**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **1 декабря 2017**.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 발송용 **W. 42nd Street Apartments 1357 Broadway Box 460, New York, NY 10018** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2017년 12월 1일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou pape, voye anvlòp ki gen adrès pou retounen li nan: **W. 42nd Street Apartments 1357 Broadway Box 460, New York, NY 10018**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **desanm 1, 2017**.

العربية تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **W. 42nd Street Apartments 1357 Broadway Box 460, New York, NY 10018**. على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 1 ديسمبر، 2017.

Governor Andrew Cuomo • Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer • HCR Commissioner/CEO Ruth Anne Visnauskas





In praise of political Kim Kardashian

Kim Kardashian has been getting political and — dare I say that most forbidden of words? — woke. And I am here for it.

The 36-year-old has been taking to Twitter to speak out about the disasters in Mexico — using her cover of Vogue Mexico to encourage earthquake recovery donations — and Puerto Rico. And now, she's taking on gun control.

On Wednesday, Kardashian posted a picture that read, "When the Founding Fathers wrote the 2nd

amendment, guns fired one round per minute. Today's rifles have a cyclic rate of 600+. Maybe it's time we stopped using 18th century laws to regulate 21st century weapons." KWEEN!

She also urged her followers to join the movement to end gun violence, and donate blood to the victims in Las Vegas.

Should we be worried that Kimberly Noel Kardashian has now become a sign of hope in these dark days? Probably. But also maybe we should take what we can get.



RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
rachael.clemmons@metro.us

Trump hit on Brooke Shields once

In case you forgot we have a man who bragged about grabbing vulvas in the White House, allow Brooke Shields to remind you of one

immovable thing: Donald Trump is a creep.

The 52-year-old actress appeared on "Watch What Happens Live With Andy Cohen" on Tuesday and recalled the cringey time that y'all's president hit on her. Uncalled for!

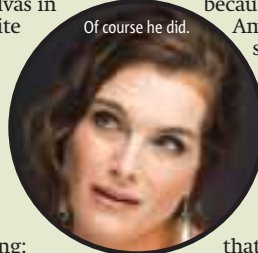
"I was on location doing a movie and he called me right after he [had] gotten a

divorce," she recalls. "And he said, 'I really think we should date because you're

America's sweetheart and I'm America's richest man and the people would love it.'"

Of course that's what he said! It's unimaginative, uninformed and totally nuts.

This basically confirms my fourth-worst fear. Which is that, yes, the man ostensibly running our country is no better than the men who relentlessly cat-call you and follow you down the street. Except, you know, his lines are somehow worse.



Of course he did.

Gabrielle Union opens up

Gabrielle Union — a 44-year-old actress who looks the same now as she did in 1999's "10 Things I Hate About You" — is opening up about her fertility problems. Legitimately brave!

The "Being Mary Jane" actress reveals in her new book, "We're Going to Need More Wine" that she has suffered eight to nine miscarriages in attempts to have a child with husband, Dwyane Wade. "For three years, my body has been a prisoner of trying to get pregnant — I've either

been about to go into an IVF cycle, in the middle of an IVF cycle or coming out of an IVF cycle."

Union adds that raising children with Wade, 35 (his nephew and two sons from a previous marriage) inspired her to try for her own. "I never wanted kids," she continues. "Then I became a stepmom, and there was no place I'd rather be than with them."

It's nice when celebrities use their platform for more than hawking sponsored products. Frankly, it's inspirational.



I'm not crying, you're crying.

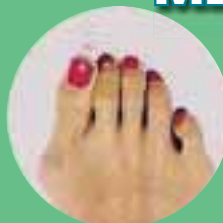
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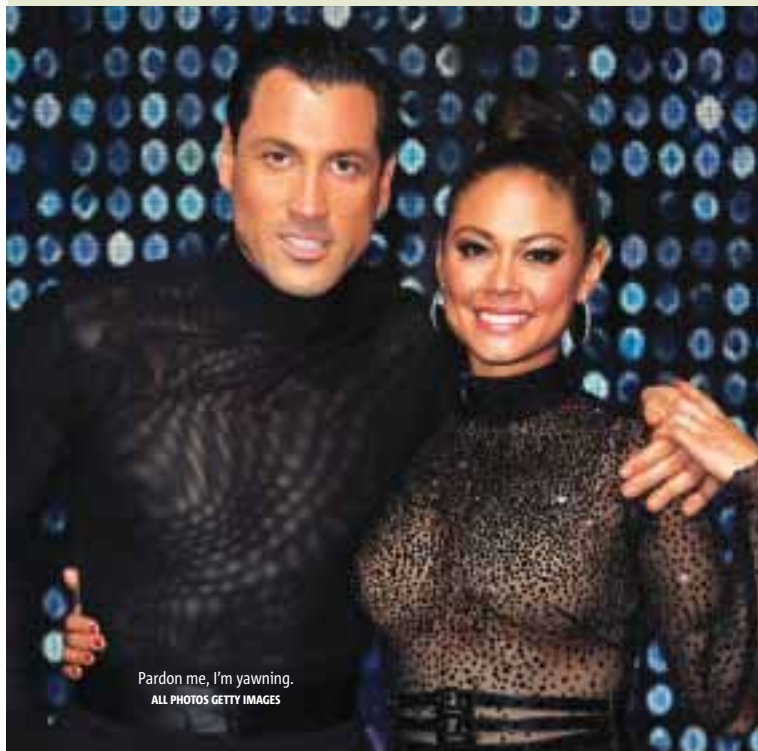
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Vanessa and Maks might hate each other



Pardon me, I'm yawning.
ALL PHOTOS GETTY IMAGES

Vanessa Lachey — wife to Nick Lachey and, um, former MTV VJ — apparently has some drama on the set of the 25th season of “Dancing With the Stars.” The problem? She and her partner, Maksim Chmerkovskiy, just don’t actually get along.

“There playing

nice for the cameras but both are miserable paired with each other,” a source told Us Weekly. “There is a lot of fighting going on behind the scenes.”

Fans were like, “Wait, what?” when Chmerkovskiy was a no-show during Monday’s episode — and no pretaped package

was shown during the episode, either. A second source tells the mag that Chmerkovskiy refused to rehearse last week. Which, whatever.

Unfortunately, I don’t have any real feelings about either of these people who I often forget exist. Sorry not sorry!

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COLUMBIA PICTURES



How to have a *witchy* October

Do you suffer from the following **FIBROID** symptoms?

- ✓ Heavy Bleeding
- ✓ Bleeding Between Periods
- ✓ Bloating, Protruding Belly
- ✓ Pelvic Pain
- ✓ Reproductive Dysfunction
- ✓ Constipation
- ✓ Frequent Urination

Explore the occult all month long at these events and workshops on tarot, witchcraft, astrology and more.



KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

You don't have to wait until Halloween to start acting spooky. Whether you've always wanted to learn how to read tarot cards, cast a hex on your ex, or have your aura photographed, October is just getting started, and what better month to tap into your basic witchdom? Here's where to summon your inner Stevie Nicks this month.

Feel that Full Moon Fever

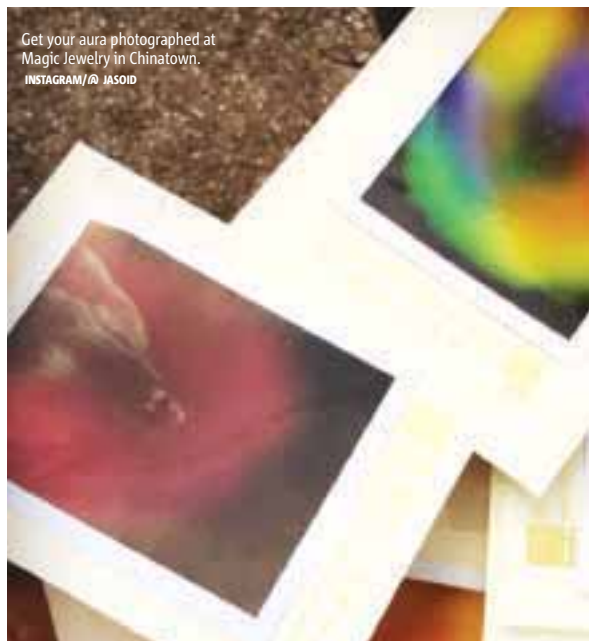
Tonight, a full harvest moon — the first of autumn — will light up the sky from sunset to sunrise. We recommend putting on Tom Petty's

"Full Moon Fever" and holding your own seance/listening party in his honor. But if you want to learn more about the astrological implications of the full moon in Aries, check out this full moon gathering at the Alchemist's Kitchen. Beginning at 6 p.m., astrologer Demitra Vassiliadis will hold a collective blessing and intention setting, followed by Tarot, aura, astrology readings and more. \$25/15-minute sessions, sign up at mysticsmagicdivination.splashthat.com.

Discover your inner witch

At Catland Books, Bushwick's occult mecca/spiritual community space, you can learn hexes, jinxes, love potions and how to talk to the dead via "Witchcraft 101" workshops (\$20) held every Wednesday of the month and taught by Brooklyn-based witch Dakota Hendrix. Check

Get your aura photographed at Magic Jewelry in Chinatown.
INSTAGRAM/@JASOID



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Master the Major and Minor Arcana at the Tarot School, Maha Rose and Brooklyn Brainery. [istock](#)

out the events calendar for the full docket of divine happenings this month, or book a reading anytime in spellwork, astrology, or tarot and divination (prices vary). [catlandbooks.com](#)

Learn the Tarot deck

Maybe you've always wanted to learn to read Tarot, but when it comes to deciphering the Major and Minor Arcana, you feel like the Hanged Man. Find out why drawing that card isn't necessarily a bad sign and more tricks of the trade this Saturday, Oct. 7, at the Brooklyn Brainery's Tarot Card Basics (\$35). At Maha Rose, another Bushwick den of the divine, you can learn Tarot 101 —

\$45 for drop-in classes held every Sunday of the month. The Tarot School in Forest Hills holds a Tarot Salon every Monday night, an all-levels workshop at \$20/session. [maharose.com](#), [brooklynbrainery.com](#), [tarotschool.com](#)

Do your astrology birth chart

If you read what Susan Miller has to say about your sign every month and retweet Astro Poets on the regular, but you're craving more knowledge, you might be ready to have your birth chart read. Taking into account the exact time, date and geographical location in which you were born, an astrologer can tell you all about what the stars were up to at that moment and what that might mean for your past, present and future. Tarot Society in Bushwick offers birth chart readings (\$60/hour), or, on Saturday, Oct. 28, at Maha Rose, learn the basics of how to do it yourself at their \$40 intro session. [tarotsociety.us](#), [maharose.com](#)

Get your aura photographed

If you've ever wondered what the color and vibe of your "aura" — allegedly, an invisible energy field that's unique to each person — looks like, at Magic Jewelry in Chinatown will photograph and analyze your supernatural side for \$20. 238 Canal St., 11:30 - 7 p.m.



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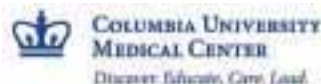
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The best of New York Comic Con

We've got your guide to the can't-miss panels, special events and surprises at this year's bigger-than-ever pop culture festival.



EVA KIS
@thisiskis
eva.kis@metro.us

Halloween always starts early in Manhattan with the arrival of New York Comic Con.

What used to be the domain of nerds is now so mainstream that 150,000 fans are expected to pass through the Javits Center and NYCC's ever-growing list of satellite events at locations all over the city over Oct. 5-8.

If there's something you already love, you'll find it here, but the joy of Comic Con is meet-

ing new friends and discovering your new favorite thing, whether it's graphic novels, TV shows, movies, books or video games.

So go ahead — chat up the people standing in line with you,

ask the vendors on the showroom floor about that poster that catches your eye, and set aside plenty of time to do nothing but people-watch, arguably the best thing to do at the con. It's not a con without all of the amazing, colorful real-life characters, after all.

With that in mind, here are our picks for some of the most memorable things to do at the convention:



Westworld-Mariposa-Entrance

Westworld: The Experience

HBO's sensational new series about a theme park that brings out humanity's darkest impulses and the sentient robots who have had enough is now in our world. Or at least the Mariposa Saloon is, which will be recreated as an immersive theatri-

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Vagifem 10mcg	24	\$104.99	Xarelto 20mg	84	\$454.99
Premarin 0.625mg	84	\$84.99	Pentasa 500mg	100	\$119.99
Combivent 16/103mcg	600 ds	\$129.99	Benicar 40mg	90	\$124.99
Symbicort 160/4.5mcg	360 ds	\$204.99	Multaq 400mg	180	\$584.99
Entocort 3mg	100	\$119.99	Myrbetriq 50mg	90	\$354.99
Januvia 100mg	84	\$249.99	Actigall 300mg	300	\$194.99
Aggrenox 200/25mg	200	\$129.99	Bystolic 5mg	84	\$104.99
Abilify 5mg	84	\$129.99	Elavil 5mg	180	\$624.99
Colony 0.6mg	100	\$99.99	Pristiq 50mg	100	\$144.99
Ventolin 90mcg	600 ds	\$69.99	All pricing in U.S. dollars and subject to change without notice. *We accept Amex, Electronic Checking, Personal Check or International Money Order. **Prices shown are for the equivalent generic drug if available.*		
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New York Comic Con is back — are you as excited as we are?

cal production that lives up to its premise: “Have you ever wondered what it would be like to live without limits?” To access the event, you’ll have to track down the appointment desk popping up in different locations every day near the Javits Center beginning at 9 a.m.

Follow @WestworldHBO on Facebook and Twitter for clues. Thursday-Sunday, New York Comic-Con badge required, must be 21+.

Inside the Writer’s Room: Writing, Producing and Acting for Television, showclix.com/event/insidewriterj-6nuy5400697140141

Instead of wasting precious “Walking Dead” panel time asking Andrew Lincoln his advice for actors just starting out, bring your newbie questions a panel specifically about breaking into the movie and TV business that fuels Comic Con. Hear from TV writers, producers, programming developers and actors about how an idea goes from concept to hit series. Expect things to get brutally honest, from everything about how to

make a television pilot to what goes on in the writers’ room. Saturday, Oct. 7, 3:30-6 p.m., Hudson Mercantile, 500 W. 36th St., \$19, escape.jigsawsaves.com/

Jigsaw: Survive the Trap

The first thing to greet you in front of the Javits Center will be Lionsgate’s virtual reality escape room based on the newest addition to the Saw franchise, Jigsaw. More than just a body horror saga, the Saw movies are a psychological thrill ride. The eighth entry, Jigsaw, is out Oct. 27, and to “celebrate” Lionsgate is putting you in your own escape-or-“die” scenario, a combination escape room and virtual reality experience. Get out alive and you’ll get movie swag and a free movie ticket. Oct. 5-8, Javits Center

Archer: Danger Island

Joke for joke, there’s no more entertaining cast in all of cartoons than the “Archer” crew, who are heading into their ninth season this fall on



Keanu Reeves ALL PHOTOS GETTY IMAGES

FXX. This time, Archer is an alcoholic seaplane pilot (with Pam doing the actual driving, as usual) on a South Pacific island in 1939. Expect cannibals, pirates, quicksand and other ways Archer can keep proving to be the most durable, if not the best, secret agent around. Come to watch the cast be their hilarious selves, stay for the sneak peek at the new season. Oct. 7, 5-6 p.m., Hammerstein Ballroom, 311 W. 34th St. newyorkcomiccon.com/en/Sessions/49009/Archer-Danger-Island-Screening-and-QA

Uptown Showdown: Flying vs. Invisibility

Who’s got it better, Superman or the Invisible Woman? Us mere mortals can only covet the superpowers of comic book heroes, but

that doesn’t stop us from speculating which would be more useful here in the real world. Two teams of comedians including Michael Ian Black, Akilah Hughes and Janeane Garofalo will throw down in this month’s edition of this wacky debate series. Thursday, Oct. 05, 7:30-9:30 p.m., Leonard Nimoy Thalia Theatresymphonyspace.org/event/9747/Comedy-Literature/uptown-showdown-flying-vs-invisibility-

“Pacific Rim Uprising”

In a world of endless “Transformers” movies, it was easy to roll our eyes at Pacific Rim as just another Hollywood movie ripping off a Japanese idea. Thing is, “Pacific Rim” was actually an amazing film about family, destiny and

clinging to our humanity even when it would be more convenient to shed it. The sequel will star sci-fi’s newest bae John Boyega, who’ll lead the panel of stars and creatives and offer a first look at “Pacific Rim Uprising,” coming in March 2018. Friday, Oct. 06, 12-1 p.m., The Theater at Madison Square Garden newyorkcomiccon.com/en/Sessions/49065/Pacific-Rim-Uprising

Replicas

Keanu Reeves makes his return to sci-fi in the film Replicas as a heartbroken scientist who tries to resurrect his wife and children after a horrible accident. There is literally zero precedent in sci-fi of this going well, but if anyone can do it, it’s The One. It’s a rare ap-

pearance at Comic Con for Reeves, participate in a panel with producers Stephen Hamel and Lorenzo di Bonaventura, including an exclusive first look at the film. Oct. 5, 6:30-7:30 p.m., Javits Center, 1A06 newyorkcomiccon.com/en/Sessions/49287/Keanu-Reeves-Discusses-Replicas

Black Mirror

Often uncomfortable and controversial, Netflix’s speculative future series asks the questions we shy away from. Listen in as the creative team of Charlie Brooker and Annabel Jones take a deep dive into the series up to now and discuss (with the help of some never-before-seen footage) the upcoming fourth season. 8-9 p.m., Javits Center, Room 1A06



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MNY



Real Housewives Pointing Fingers aims to humanize these larger-than-life figures. LAURA COLLINS

Watch where you point that thing

The Real Housewives get the fear and respect they deserve at THINK 1994 gallery.



EVA KÍS
@thisiskis
eva.kis@metro.us

After 11 years of Real Housewives getting white girl wasted, talking poop and even stealing houses — seriously, there's nothing that doesn't happen on these shows, now numbering nine — they've earned an art show.

What you didn't expect is an exhibit that

dives into these women's power and how they wield it called Real Housewives Pointing Fingers.

"When we watch 'Housewives,' the fights that they have are a kind of warfare but emotional, and it takes skill to do that," explains Matt Harkins, who along with Viviana Olen curates Brooklyn's pop culture art gallery, the THINK1994 Museum.

"For us, seeing the paintings of them pointing, they're presented in a very strong, powerful way that encourages you to look at it and think about it, which is how we feel when we watch the show: total respect, but also a little fear."

Real Housewives Pointing Fingers opens Oct. 7 and finds them collaborating once again with painter Laura Collins, whose work inspired their immersive show Olsen Twins Hiding from the Paparazzi in a disused Brooklyn dentist's office.

The show consists of about 40 paintings, including a few cameos by a Housewives-themed Last Supper and the only stars who occasionally upstage these women: their pets.

It's typical Olen and Harkins fare: The two twentysomethings consider pop culture more than just disposable enter-

If you go

Real Housewives
Pointing Fingers
Oct. 7-Nov. 12
Wed-Sun, 12-7 p.m.
THNK1994 Museum
1436 Atlantic Ave., Brooklyn
Free (events ticketed)
thnk1994.com

tainment. Their exhibits (free, with ticketed special events) are always a deep dive that breaks down celebrities into their components and asks the viewer what it means that they enjoy them.

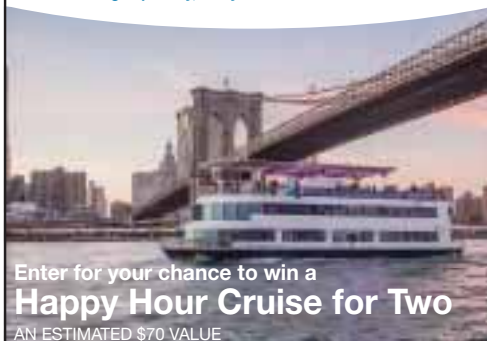
In the case of the Housewives, it was Collins who proposed using the pointing gesture as a way to humanize them through absurdity, but also to create empathy.

"Unlike history's propensity to paint women as vulnerable and mild-mannered nurturers, these muses emblaze the canvas in echoing displays of rankism and dominance," she explains. "Their accusatory gestures deflect to point out their own egotism and insecurities."

Judge them at your own peril though: Criticizing how these women express themselves forces you to ask, "Could you do better?"

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PODCAST

Tell Me Something I Don't Know

The head freak of Freakonomics, Stephen J. Dubner, brings the live game show of his podcast "Tell Me Something I Don't Know" to Joe's Pub for three nights, offering his signature mix of conversational nerdisms and insightful humor on topics that guests spring on Dubner onstage to try and stump him. Each evening has an early and late performance, and they feature rotating special guests, including Gail Simmons ("Top Chef," "Food & Wine"), Jemele Hill (ESPN's "Sports Center") and Alex Wagner ("CBS News," "The Atlantic").

Oct. 5-7, 6:30 & 9:30 p.m., Joe's Pub, 425 Lafayette Ave., \$25, joespub.com

OKTOBERFEST

Oktoberfest in DUMBO

Crisp fall days are always an inviting time to spend the afternoon strolling under the Manhattan Bridge, but that's doubly true when the archway is transformed into a pop-up beer hall for two days for DUMBO's Oktoberfest! Returning for its second year, the party once again includes two days of live music (including the Polka Brothers and Street Beat Brass) and family crafts, plus traditional German brats and pretzels — not to mention, of course, all the beer.

Oct. 6-7, DUMBO, Water St. between Anchorage Place and Adams St., free, dumbo.is

COMEDY

Opening: West Side Comedy Club

Just what we all need right now: a few good laughs. The West Side Comedy Club opens its doors Friday for comedy-starved Upper West Siders, with two strong rosters featuring talent from Comedy Central, The Late Show with Stephen Colbert and Comedy Underground. Weekly themed shows include an all-female lineup on Mondays, a pro and amateur mix on Tuesdays, and Warm-Up Wednesdays. Opens Oct. 6, West Side Comedy Club, 201 W. 75th St., prices vary, westsidecomedyclub.com

CHOCOLATE

Chocolate and Beer Pairing Party & Book Release

"Bean-to-bar" is the "farm-to-table" slogan equivalent for chocolate, and Megan Giller

FOODIE



The Big Chocolate Show

Halloween is a few weeks away, so until then there's four days of the Big Chocolate Show. Satisfy your cravings (at least for a few days) with not only enough samples for even the naughtiest sweet tooth, but also cooking demos, panels, book signings and tasting classes. (Wait, you're not supposed to just peel off the foil and gobble it down?) There are also one-off special events, like Friday Date Night, pairing chocolate and cocktails. Sign us up! Oct. 6-9, The Terminal Stores, 269 11th Ave. \$45-\$60, bigchocolateshow.com

details the latest craze for organic sweets in her new book, "Bean-to-Bar Chocolate: America's Craft Chocolate Revolution," which gets a delectable kick-off party at Threes Brewing on Monday. Your ticket gets you a copy of the book and a pint of beer, and you can also sample free beer and chocolate pairings thanks to Raaka Chocolate. Oct. 9, 6-9 p.m., Threes Brewing, 333 Douglass St., Brooklyn, \$20, threesbrewing.com

PETS

Strut Your Mutt

People and property suffer from brutal storm seasons, but Hurricanes Irma, Harvey and Maria also displaced plenty of pets, too. That's why 35 of New York's animal shelters have come together to take part in Strut Your Mutt, which is both an adoption event and a fundraiser for rescue organizations that help save the lives of furry friends during crises and then find them new homes. You can even register your own pet for the parade to raise awareness and support. Oct. 7, 9 a.m.-2 p.m., Hudson River Park's Pier 26, free, strutyourmutt.org

CULTURE

African Restaurant Week Festival

Traverse Africa's diverse flavor landscape in one afternoon at Taste of Africa's New York African Restaurant Week Festival. Over 25 vendors will offer samples from across the continent, plus live cooking demos, fashion and culture exhibitors, and DJs. All attendees walk

away with freebies; a portion of proceeds go to City Harvest and Vocal New York. Oct. 8, 12:30-7 p.m., Industry City, 274 36th St., Brooklyn, \$10-\$80, nyarw.com

NYCHISTORY

Under One Roof

In a timely new exhibit, the Tenement Museum uses true stories from the past to explore present political themes with Under One Roof, which profiles three families of New York immigrants who all once occupied 103 Orchard St. (the museum's address). Spanning several floors, the immersive exhibit shines a light on the Polish, Puerto Rican and Chinese influences that helped make the Lower East Side a culturally rich community. Open Oct. 10, Tenement Museum, 103 Orchard St., \$25, tenement.org

HOTTICKET

A Night at the Museum

Let's admit it: Adult sleepovers are way more fun than the kid version. For example, you can sleep beneath a nearly 100-foot-long blue whale after sipping champagne and dancing to the 12th Night Jazz Trio at the adults-only overnight at the American Museum of Natural History. It includes a buffet and activities like a flashlight fossil-finding tour. Cots await when you finally tire out (we're not, after all, kids anymore). The event does sell out, so buy tickets soon. Oct. 13, 6:30 p.m.-9 a.m., Central Park West at 79th St., \$350, amnh.org

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The Brazilian Court Hotel has been a tranquil haven for 90 years. PROVIDED



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Business or *pleasure*

Whatever brings you to Palm Beach, spend your stay at the Brazilian Court Hotel.

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It's easy to travel to the Brazilian Court Hotel in Palm Beach, but it's difficult to leave.

There is much to experience around the centrally located hotel, situated just a few blocks from a pristine beach and glamorous Worth Avenue. However, the Brazilian Court is a destination within a destination.

Amenities for days

Remaining within the confines of the tranquil, venerable 90-year-old boutique hotel during your entire stay isn't uncommon.

For those who crave

relaxation, visit the Frederic Fekkai salon. The Provence-born, Paris-trained Fekkai opened his namesake salon in New York a generation ago. Fekkai's team of stylists offer haircut and styling, coloring, manicures, makeup application, waxing and a relaxing massage.

How many hotels have an art gallery? The on-site Paul Fisher Gallery hosts painting and sculpture exhibitions, including receptions with the artists. Belgian painter Serge Strosberg, Indonesian visual artist Fiona Tan and American painter Joseph Conrad Fern are some of the prominent artists with work on display.

There's an arty flavor outside the gallery as well. The Brazilian Court showcases rare design materials. The striking stone on the floors, from the Corton region of France, wind throughout

the hotel and feature burgundy marbling, the result of hundreds of years of grape juices flowing to the limestone beneath the vineyards.

Spanish Colonial beauty

The Brazilian Court Hotel is certainly aesthetically pleasing. So it's hardly surprising that it's a popular site for weddings. The courtyard is pure romance, with lush foliage, Mediterranean colors and a historical wishing well. Wedding guests can party into the night inside the Brazilian Ballroom and the Conservatory.

The aforementioned

rooms also serve as luxe space for formal meetings. The hotel offers 3,000 square feet of meeting space. Business can be a pleasure when indulging during lunch with

Cafe Boulud; add some zest to your power lunch with delicacies like Peking duck sandwiches, citrus mousse and signature pastries.

Plush, oversized executive chairs, international teleconferencing and a wide screen plasma monitor should help get the deal done in a dog-eat-dog world.

Speaking of man's best friend, it's a dog's life at the Brazilian Court. Rover will receive a comp amenity, nightly

turndown service and Town Car service to Pucci and Catana Luxury Pet Boutique.

Lucky dogs can take it easy in an array of rooms ranging from a luxurious 400-square-foot studio to an 1,800-square-foot two-bedroom lanai suite with a 2.5 bath and a private patio or terrace.

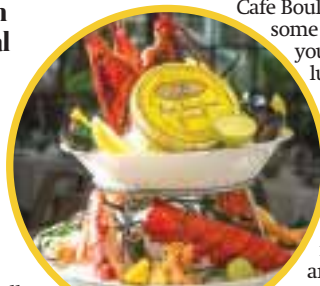
Take a field trip

For those who would like to explore, there is Worth Avenue, which is home to a number of high-end shops and a white sandy beach. If you're up for aquatic adventures, visit West Palm Beach Water Sports. You can mix history and snorkeling by venturing out on the Peanut Island snorkeling tour. President Kennedy had a bomb shelter made for him on this manmade island during the Cold War. Leap into the warm waist-deep water to swim

with dolphins, flying fish and turtles. Jet ski rentals and fishing trips are available.

The adventurous should consider taking to the air over the water by either SoFlo Flyboarding or strapping into a Jet Pack, which uses a jet ski engine to pump water and supply enough pressure to lift the jetpack and rider as high as 25 feet above the water. It's not difficult to master, and the thrills are immense since you are flying. Flyboarding is a blast as well: You're strapped into wakeboard boots and propelled off the water.

If you are more of a landlubber, perhaps golf is appealing. Palm Beach is home to more than 160 courses, including about 40 public greens. According to Golf Digest, 11 of South Florida's 35 finest courses are in Palm Beach.



Seafood tower at Cafe Boulud



There's an on-site Frederic Fekkai salon. PROVIDED



Seal the deal over drinks at Cafe Boulud. PROVIDED



Stop imagining.
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More to Sonoma than wine

We've got the experiences to pair with your wine tastings.

Fodor's Travel

What wine pairs best with smoked salmon and Alfred Hitchcock? You can only find out in the Sonoma Valley, where the *terroir* is just a little bit different.

Spend a Night in the Wild West

Sonoma was gold rush country before it was wine country, and the region's downtown plaza still has many of its original buildings. Everything here has the romantic look of the Old West—only with slightly more Range Rovers and chef-driven restaurants.

For an Architectural Digest version of 19th-century life, spend a night among the El Dorado Hotel's Spanish



Viansa Sonoma is an Italian oasis in the middle of California wine country. FACEBOOK

tile, exposed beams and modern amenities before heading out in the morning to prospect for

Pinot Grigio in neighboring vineyards.

Visit the Italian Country-

side via California

Back when wine country thought it had to be Italian to make its mark, Viansa re-created an Italian villa among Sonoma's rolling hills.

If you've been looking for a place to Eat, Pray, Love on a budget, have a glass on the winding terrace or under the hanging grapes of the pergola, taste a flight among the frescoes in their tasting room, or rent a private booth on the terrace overlooking the vineyard and wetlands below.

But the wine here is Sonoma-proud, featuring pinot, chardonnay, and varietals that grow best in the region at a price point that will allow you to taste every grape.

Feel Like an extra on the set of "Gilmore Girls"

Spend just a few minutes in Santa Rosa and you'll start to get the feeling that you've been here before — and you have, via your couch. The quaint town square, colorful craftsmen houses and quirky town characters all give off a vibe worthy of its own adorable script.

The best place to take it all in is from a window seat at Criminal Baking Co. & Noshery, a tiny cooler-than-thou eatery (the lemon bars are the star). Or try The Naked Pig for some of the best

your favorite chardonnay, buy a pound of smoked salmon, and pair them on the patio while keeping an eye on the growing crowd of seagulls perched nearby.

Find an Obi Wan mug and vintage Playboy from the same shop

Tipsy antiquing is the best antiquing, and doing it at a shop that has mannequin Tippi Hedren trapped in a phone booth outside is even better. At Sea Gull Antiques in Bodega, California you can sift through vintage Life magazines, Coke bottles, Garbage Pail kids trading cards, and other hidden gems that get snatched up in larger cities.

Bring along your favorite varietal in a flask and spend some time wondering whether a Michael Jackson ashtray or sleeve of Garbage Pail trading cards would make a better wine country souvenir, then buy both.

Get to Know Laura Chenel

Sonoma is a locavore's paradise, with a community of foods that everyone knows by name at rustic Sonoma restaurant The Girl and the Fig. Get to know the unique flavor of Laura Chenel cheese, Bell-weather crème fraîche, or Pug's Leap chevre when creating a custom cheese plate with in-house cured meats. Visit again and again to know which wine pairs perfectly with each cheese.

Pair wine and salmon from the same ZIP code

Sonoma Coast Vineyards sits right on Bodega Bay, and the vineyard sources nearly everything in its Wines on the Edge tasting from very close by. Pairings like the Sonoma Coast chardonnay and local smoked salmon (or Dungeness crab when in season) star two of the region's most famous products that highlight the flavor of wine country that you'll dream about tasting again soon after you're gone.



Criminal Baking Co. & Noshery
FACEBOOK

brunch in the region.

Become an olive-oil truther

One bite of the complex, full-bodied flavors at B.R. Cohn's olive oil tasting and you'll realize that olive oil and wine have much more in common than you've been led to believe. Here the flavors change with the seasons, bringing a unique character to each that they pair artfully in their olive oil pairing.

And, at a vineyard that is bold enough to pair cabernet with cashew butter, lime olive oil, and white balsamic vinegar, the delightful surprises never stop coming.

Thankfully, you can buy everything from the tasting in the gift shop on the property.

Reenact a scene from "The Birds"

If fleeing cinematically from a blight of birds has always been on your vacation bucket list, boy does Sonoma have a treat for you.

This region was one of Hitchcock's favorites and he filmed a scene from "The Birds" next to The Tides, one of the best markets in the region. Bring a bottle of

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Yanks, Tribe start ALDS tonight

#	PLAYER	PLAYOFF STATS (CAREER)
1.	BRETT GARDNER	81 AB, .219 BA, 1 HR, 8 RBI, 5 SB
2.	AARON JUDGE	4 AB, .500 BA 1 HR, 2 RBI
3.	GARY SANCHEZ	4 AB, .500 BA, 0 HR, 0 RBI, 1 XBH
4.	DIDI GREGORIUS	6 AB, .333 BA, 1 HR, 3 RBI
5.	STARLIN CASTRO	38 AB, .158 BA, 1 HR, 2 RBI
6.	GREG BIRD	6 AB, .333 BA, 0 HR, 1 RBI
7.	AARON HICKS	3 AB, .333 BA, 0 HR, 1 RBI
8.	JACOBY ELLSBURY	138 AB, .290 BA, 17 RBI, 11 SB, 13 XBH
9.	TODD FRAZIER	14 AB, .143 BA, 0 HR, 1 RBI

YANKS PROJECTED LINEUP, ROTATION

GAME 1 GAME 2 GAME 3 GAME 4 GAME 5



SONNY GRAY



MASAHIRO TANAKA



LUIS SEVERINO



CC SABATHIA



SONNY GRAY



GAME 1: 10/5 @ CLE, 7:30 pm, Fox Sports 1 **GAME 2: 10/6 @ CLE, 5 p.m., MLB Network** **GAME 3: 10/8 @ NYY, Time TBD, FS1**
GAME 4 (IF NECESSARY): 10/9 @ NYY, Time TBD, FS1 **GAME 5 (IF NECESSARY): 10/11 @ CLE, Time TBD, FS1**

#	PLAYER	PLAYOFF STATS (CAREER)
1.	JASON KIPNIS	65 AB, .215 BA, 4 HR, 8 RBI
2.	FRANCISCO LINDOR	58 AB, .310 BA 2 HR, 6 RBI
3.	JOSE RAMIREZ	56 AB, .268 BA, 1 HR, 3 RBI
4.	EDWIN ENCARNACION	75 AB, .280 BA, 4 HR, 14 RBI
5.	JAY BRUCE	34 AB, .235 BA, 2 HR, 6 RBI
6.	CARLOS SANTANA	56 AB, .214 BA, 3 HR, 4 RBI
7.	LONNIE CHISENHALL	46 AB, .261 BA, 1 HR, 5 RBI
8.	YAN GOMES	8 AB, .250 BA, 0 HR, 0 RBI
9.	YANDY DIAZ	NO PLAYOFF EXPERIENCE

INDIANS PROJECTED LINEUP, ROTATION

GAME 1 GAME 2 GAME 3 GAME 4 GAME 5



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Things to watch for with the Rangers this season

A bolstered defense

One of the Rangers' largest issues to address this off-season was a defense that left goalie Henrik Lundqvist out to dry on countless occasions.

They did just that by signing free agent Kevin Shattenkirk, who can also quarterback the power play, and re-signing Brendan Smith.

Brady Skjei holds the promise of being the future No. 1 defenseman of this unit while captain Ryan McDonagh will provide steady leadership to the blue line.



Zibby taking over center stage

Entering his second season with the Rangers, center Mika Zibanejad is about to experience an entirely different role.

After battling injuries that limited his 2016-17 season so badly that he was a fringe player on New York's playoff roster, Zibanejad was given a vote of confidence by the franchise with a new five-year, \$26.7 million deal during the offseason.

Expect him to take over first-line center duties as the dynamic forward provides a blistering shot that can create instant offense when given an inch of space.

If all goes to plan, he'll breeze past his previous career high of 21 goals.



OPENING NIGHT

Thursday vs. Avalanche at 7 p.m. on MSG

Which King will we see?

For the first time in his stellar career, Rangers goalie Henrik Lundqvist looked mediocre if not bad at times last season, prompting Antti Raanta to step up and provide valuable minutes from the crease during the first half of the season.

At 35, Lundqvist is still one of the top goalies in the NHL, but it will be imperative for the Rangers to keep him fresh throughout the season.

That means starting under 60 games.

An improved defense will certainly take some pressure off Lundqvist, who was on an island at times when put under pressure.

With Raanta joining the Arizona Coyotes, new backup Ondrej Pavelec will have to step up and make sure New York has a capable stopper behind Lundqvist.

If he underperforms, Lundqvist and the Rangers could run out of gas well before April and an expected playoff run. **JOE PANTORINO**

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arthritis treatments paths you should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

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All you have to do is go to painmdny.com/knee and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. **It is 100% free with no further obligation.**

If you are interested in the screening... awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

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This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world of science and real medicine... Guaranteeing results is impossible.

Every patients is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

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MICHAEL GRABNER 40	KEVIN HAYES 13	J.T. MILLER 10
JIMMY VESEY 26	DAVID DESHARNAIS 51	PAUL CAREY 28
FORWARD LINES		
RYAN McDONAGH 27	KEVIN SHATTENKIRK 22	DEFENSE
BRADY SKJEI 76	BRENDAN SMITH 42	
MARC STAAL 18	ANTHONY DeANGELO 77	
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of ROJAVA LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 12/15/2016. Office location: New York County, SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 2205 3rd Ave., #8B, New York, NY 10035. Purpose: Any lawful activity.

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that a license, Number 1305036, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 1643 2nd Ave., New York, NY 10028, for on premises consumption. Art Of Szechuan Inc.

NOTICE IS HEREBY GIVEN
that a license, Number 1305099, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 5609 7th Ave., Brooklyn, NY 11220, for on premises consumption. Xun Yu Si Kao NY Inc.

NOTICE IS HEREBY GIVEN
that a license, Number 1305339, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 513 6th Ave., New York, NY 10011, for on premises consumption. Asami Sushi Inc.

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Across

- 1 Heats up
- 6 Glass-raised salute
- 11 Physique
- 14 Savor
- 15 Vine support
- 16 Regret deeply
- 17 Gully
- 18 Torah reciter
- 19 Catch cold
- 20 Try for a job
- 22 Movie mutt
- 24 Islands off Portugal
- 27 Bamboo eaters
- 28 Plato's malls
- 29 Specialty
- 31 Bombay attire
- 32 Musical work
- 34 Pitcher in a basin
- 38 Gael republic
- 39 Noah's vessel
- 40 Florence's river
- 41 In a short time
- 42 Hair conditioner
- 44 Muddy tracks
- 45 Saturday morning fare
- 47 Egyptian sun god (hyph.)
- 49 Mogadishu dweller
- 52 Hidebound
- 53 Offspring
- 54 Kathmandu locale
- 56 Groovy, today
- 57 Rousseau novel

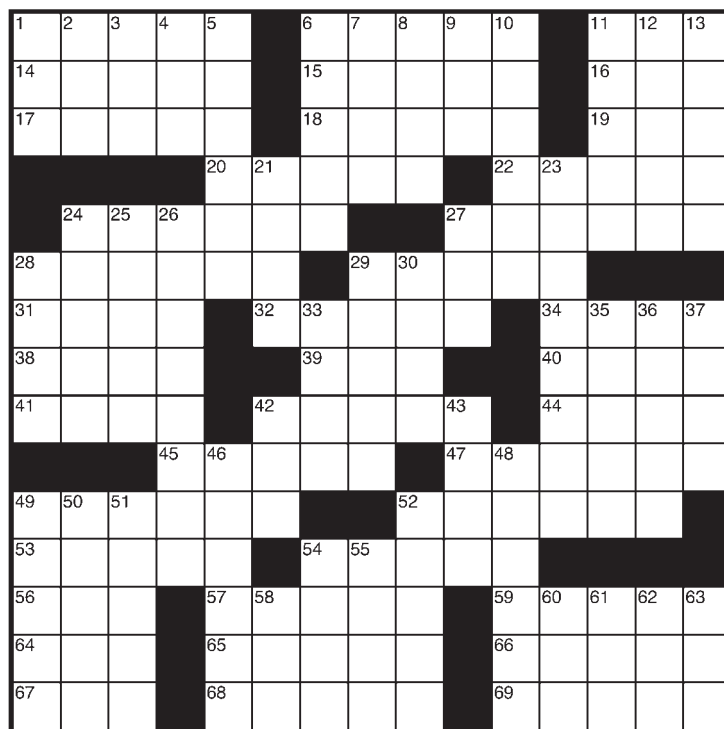
- 59 Henry VIII's house
- 64 Distinct period
- 65 Chili pepper dip
- 66 Nail-groomer
- 67 "Scream" director -- Craven
- 68 Fine-tune
- 69 Prom

Down

- 1 Roll of bills
- 2 "Exodus" role
- 3 Spoil
- 4 XXI times C
- 5 Vast desert
- 6 Rain-delay rollouts
- 7 Spoken
- 8 Column "Dear --"
- 9 Express grief
- 10 Of clan groups
- 11 Label
- 12 -- board

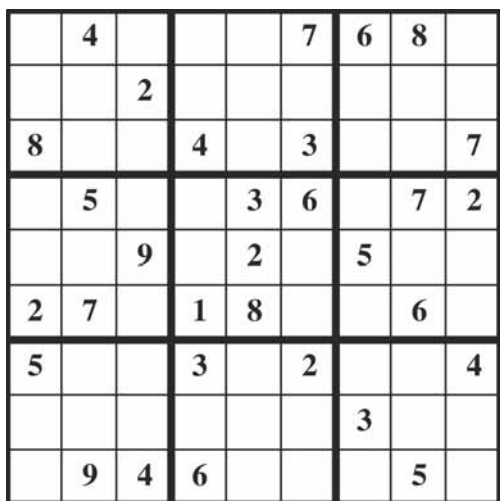
- 13 Sandwich shops
- 21 Tijuana coin
- 23 Won over
- 24 A second time
- 25 Don Diego de la Vega
- 26 Kind of rug
- 27 Green shade
- 28 Between ports
- 29 Spore producers
- 30 Annoys
- 33 Twinge
- 35 Removed water
- 36 Item on a list
- 37 Diva -- Ponselle
- 42 French king
- 43 I could -- -- horse!
- 46 Most senior
- 48 Lost feathers
- 49 Tool box item
- 50 Windy City airport
- 51 Golden-touch king
- 52 Talk
- 54 World's longest river
- 55 "Born Free" lioness
- 58 Gullet
- 60 Ms. Thurman of "Pulp Fiction"
- 61 Rec room
- 62 Killer whale
- 63 Type of whiskey

metro.us/crossword

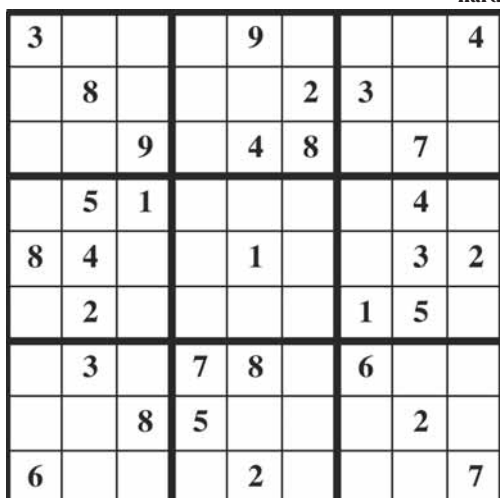


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Don't fold under pressure. Being prepared and willing to go the distance to get what you want will pay off. Your experience will help you avoid making mistakes.



Taurus One of your peers, colleagues or friends will tempt you with something you should avoid. Don't take a risk that might affect your career or relationships with others.



Gemini You'll desire change and excitement. Look for something interesting to get involved in to meet people you will find mentally stimulating.



Cancer Stick close to home and do things that will add to your comfort and make you feel good about who you are and what you represent. Avoid anyone acting unpredictable.



Leo Share your interests with someone who is heading down the same path as you. A business trip or meeting will help you make a decision regarding your future.



Virgo Investments, medical issues and contracts need to be looked at carefully. Ask questions and find out where you stand before making a commitment.



Libra Speak from the heart and smoothly settle any matters that concern your personal or professional life. Commit to making improvements that are good for everyone involved.



Scorpio Refuse to let anyone push or pressure you. Know what you want and what you are willing to do to get your way before entering negotiations.



Sagittarius Your home should be calm and peaceful. Do whatever it takes to incorporate a space for you to relax in and figure out how you want to move forward.



Capricorn Emotions will be difficult to control. Taking a trip or dealing with foreigners will result in confusion and uncertainty. Don't question how you do things.



Aquarius Money matters can be resolved. Look at investments and make a move. Be smart about your emotional, mental and physical health. Do what's best for you.



Pisces Aim to stabilize your position and prospects. Don't get sidetracked by what others do or say. Taking on someone else's responsibilities will set you back. **EUGENIA LAST**

Yesterday's answers		
REVEL	ACHE	STAB
OXIDE	MAUL	HILL
APOSTROPHE	ANTE	
DEL	SERE	VERGED
LAPSE	SLEEPER	
OLLA	TINRE	
ASCII	RIOT	NODE
URN	PIRANHA	IRS
FINE	NINE	BALSA
AVIV	LOAD	
CARAMEL	GLEAM	
ALUMNI	AERO	DIP
TOGA	COMMENTARY	
OVER	ALAI	EAGER
PERK	LEST	SUEDE

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